Transportation. TSBURGH, CINCINNATI AND ST. g East and West, Nov. 11th, 1878. Through Express. Fast Line. Accoun. 7:07 A. M. #4:37 P. M. 7:45 \*\* 5:19 \*\* 6:30 \*\* 7:55 \*\* 10:10 \*\* 7:85 \*\* 11:15 \*\* EXCHANGE BANK. LIABILITY OF STOCKHOLDERS ...... 400,00

5:55 us at 5.40 P. M. and 6.50 A. M MISS E. RODY,

P. M. 1:00 8:00

11:15

Goes, and any further information, apply
BELLEVILLE, Ticket Agent at Pas,
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Under McLare House, Waceling,
Un W. CALDWELL,
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S. M. FELTON, Ja.,
Gen'l Supt. Pittaburgh, Pa.
W. L. O'BRIEN. W. L. O'BRIEN, Pass, and Ticket Agent Columbus, O.

TIMORE & OHIO RAILROAD CO.

lay 13, 1878, Passenger Trains will |No. 5.|No.70|No. 1.|Not30

4:50 10:40 6:16 P. M.
10:10 3:15 10:10 4:20 P. M.
2:20 6:00 2:25 ...
9:10 7:30 9:00 2:25 ...
9:10 8:40 A. M.
3:05 1:45 6:00 4. M.
4:20 3:11 ... No. 8, | No. 2.º | No. 10.

8:05 A.M. 4.10 P.M. 11.15 P.M 8:50 " 5.10 " 11.50 " 12:15 P. M. 8.45 " 5.03 A.1 1:25 " 10.00 " 4.12 " 7:00 " 5.50 " 8:00 " 10.00 "

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LEVELAND & PITTSBURGH R. R. GOING EAST AND WEST. and ther May 17th, 1878, Trains will run dail;

rains to Pittsburgh. sei and Sleeping Cars on all Trains between Al

8.4 " 9.4 " 2.40 A.M 5.55 P.M. 9.4 " 10.55 " 2.40 A.M 7.45 A.M 9.12 " 7.00 " 6.45 " 10.05 " 4.45 P.M. 8.40 P.M.

9.20 " commodation—Leaves Bellaire at 4.45 t 5.60 p. m.; arrives at Steubenville at a Steubenville at 8.10 a. m.; Bridge-trives at Bellaire at 9.35 a. m. Ranguge Checks to all principal points ad West can be procured at the Ticket F. R. MYERS, General Passenger and Ticket Ages

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EISCHMANN'S CELEBRATED COMPRESSED YEAST,

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g recessione and Sanusione was ever of Markiv et and Thirty-third Sta-montantify on band Door Steps, Door Sills, Caps, Wisdow Sills, Hearths, all kinds of The attention of Contractors is called to little for furnishing all kinds of stone for build-lies for furnishing all kinds of stone for build-lies. Friver moderate.

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the wooer is warm, but warmer the heart

at, and then, how to keep plump.'

Accidently, or perhaps through ecessity, I began to eat oysters as a steady diet, day after day. Often I ate them when I really did not want them—rather than let them spoil. I noticed that, after taking oyster stews with supper, I began bloat about the waist. This bloating was rather distressing at first, and, as saw it incerease from day to day, I became a little concerned. I have often had the same uncomfortable, distended feeling afer a hearty meal of substantial food, and found it was always followed by severe indigestion, but now no serious result fol-

I soon learned that this bloating was the first step in the fattening process. We must "bloat up," then "fat up." This bloating is often very unconfortable, and some ladies have suddenly abandoned the plans of living, laid down for fattening on this marked embonpoint. Mothers have become alarmed at the enlarged abdomens of the children, that seemed a deformity compared with their "spindle shanks;" but a little perseverance in the fattening diet, soon changes all of this for plump bodies, rounded limbs and full faces.

Why oysters and milk are fattening will be seen by their analysis.

Oysters are composed of the following: on learned that this bloating was the

and nourishing articles that should compose this meal. Vegetables should enter largely into this meal.

Wadd has told us that "among the Asiatics there are Brahmins who pride themselves ubon their, extreme corpulancy. Their diet consists of farinaceous vegetables, milk, sugar, sweatmeats and gliee. They look upon corpulency as a proof of opulency, and many arrive at a great degree of obesity without tasting anything that has ever lived."

Dr. Fothergill stated that a strict vege-

of diet to control the desire of stimulants.
Condiments, spices, acids and stimulants, unless very mild, should be avoided.
Cold water should also be eschewed, as it chills the stomach and thoroughly weakens it. The drink should be chocolate or milk. This meal should be eaten slowly with pleasant company. An half hour rest or siesta should then be indulged in, if possible. The whole force of the body should now be concentrated on digestion and assimilation.

plan, insisting on their employes doing ikewise, fewer of them would "break lown" or up, and more and better work would be the result. Persons who are broken of their rest a night, as physicians, for example, can re-

eruit the brain by induging in a nearty meal, which is stupefying.

If this meal lays heavy on the stomach, as it often does with dyspeptics, I have found that a drink of plain hot water (sweetened or salted to taste), aids nicely to complete digestion.

About 3 or 4 P. M., a drink of water should be taken. Prespiration at this the day is of the a relief if not exof the day is often a relief, if not ex-

cessive.

The evening meal should be light. Bread and tea with a mild form of sauce is not aniss. The tea should be weak and well milked. Bread and milk, or oat meal mush and milk is almost too substantial, unless the person is exhausted and hungry. The milk should be warmed with water. The general system, at his time of day, needs relief—a cleaning out—and this accomplished by the light stimulating food. A hearty neal at this hour clogs the circulation, and makes sleep heavy and unrefreshing, unless late hours are indulged in. If the person must be up for four or five hours more, this meal should be more substantial than if one is to retire at nine o'clock. Children and old people should retire early. Artificial light taxes the brain and nervous system, and the less of it the better for health and sound sleep.

Before retiring a half glass of water should be drank. This quickens the circulation, aids the elimination of post-organic matter from the tissues, and ensures quiet and refreshing sleep. Little if any brain work should be done at this recruiting time. The brain needs diversion. This is the time for friendly society. If a habit of night-work has been acquired it should be broken up as speedily as pos-The evening meal should be light. Bread

sion. This is the time for friendly society. If a habit of night-work has been acquired it should be broken up as speedly as possible. The fact that consumptives, as a rule, are "owls," should be evidence enough that night-work of any kind is too consuming. There is more truth than poetry in the maxim,

"Early to bed and early to rise

Make a man healthy, wealthy and wise."

Bellaine, O., November 18, 1878.

Thursday morning, an account of a little affair among the ladies of this city. The item was such a misstatement of facts that he was requested by several to correct them, and promised to do so. It seems, however, that he has wholly failed to do so.

however, that he has wholly failed to do so.

The Aid Society during the war was for
the purpose, as expressed in their Constitution, of "supplying hospital funds for
sick and wounded soldiers." At the close
of the war a sum of money was left
in the hands of the treasurer. At the
time, the subject of some suitable memorial for the dead soldiers was taked
of, but no action was ever taken. The
money was left with the treasurer, the
ladies always supposing it subject to their
order. If it was ordered to be deposited
in a bank in the name of the President and
Secretary, why was it not done? Instead,
the Treasurer took it upon herself to asso-

Milk has the following ingredients:

Water. So, Nitrogenous matter. So, Nitrogenous may be allowed for those desirous of increasing their bank account of working force—fat. Special cases will need special directions, which every physician who is skilled in physiology and in applying the general rules laid down, ought to be competent to give. Serious disease may account for the leanness, and a cure matter matter. Special cases will need special directions, which every physician who is skilled in physiology and in applying the general rules laid down, ought to be competent to give. Serious disease may are greatly so that the leanness is responsible for many of the aiments that "flesh is heir to." Many cases of chronic disease ard use simply to chronic starvation. In these cases proper living is a vital question. Activity of mind or body if excessive prevents fattening. Sufficient rest must be secured. Persons who want to get and keep plump, must give the system time to recruit. They should retire about 10 r. M. and enjoy sleep until 6 or 7 a. M. A brain worker needs more sleep than a mache worker—a mechanic for example. To insure sound sleep, the mind should be diverted an hour or so before retiring from usinces into some less absorbing line, as pleasant conversation or quiet, devout. They should retire about 10 r. M. and enjoy sleep until 6 or 7 a. M. A brain worker needs more sleep than a mache worker—a mechanic for example. To insure sound sleep, the mind should be diverted an hour or so before retiring from usinces into some less absorbing line, as pleasant conversation or quiet, devout.

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Back of the canvas that th

The heart of the woodr is warm, our of the woolng; of the woolng.

And up from the pile where these shiver, and up from the heights where those shiver, and the firm vices and shadows awim starward, and the essence of life is divine.

ting Information on Physiolog

that has ever fived."

Dr. Fothergill stated that a strict vegetable diet produces exhuberant fat more certainly than other means.

Another value of vegetable food, it is stimulating. In fact, recent observations have demonstrated that it is the best form of diet to control the desire of stimulants. Condiments, spices, acids and stimu.

to be, are not regarded as a final test of the devoutness of the listener. Social intercourse is not denounced as an unpardonable sin. It is not now a crime punishable with fine and imprisonment to kiss one's wife on Sunday; or, if we must reject that familiar example of the questionable Blue Laws offConnecticut, one is not now required to restrain all human impulses with the cast-iron conformity of a sanctimoniousness which often must have been as insincere as it was irksome.

Of course this liberal movement has been accompanied with extreme tendencies. There is a class of persons, a class which seems to be growing in numbers, who would abolish all distinctions between the first day of the week and the six other days—not only the private and individual distinction, which, under the system of religious liberty, every man has a right to accept or reject in his own mind and in his own house, but also the public distinction which is established by custom and law. It is the habit of some persons of this class to meet all arguments in support of reasonable Sunday regulations, such as the closing of liquor shops, and prohibition of secular parades in the streets, and the suspension of theatrical performances, with the the broad assertion that the Puritan Sabath is not suited to our time and that Puritanical manners are out of fashion. Under this sweeping treatment men who Puritanical manners are out of fashion. Under this sweeping treatment men who make no particular religious profession— for it is well known that there are such

for it is well known that there are such men who favor an outward and formal distinction of Sunday from other days on purely moral and social grounds—even these men a e absurdly compelled to bear the imputation of a narrow Paritanism.

An answer to sweeping assertions of this sort is suggested by some recently reported remarks of one who will not be mistaken for a Puritan. It seems that in Cincinnati the Sunday question has been the subject of lively discussion of late. The laws discourage secular entertainments on that day, but the laws are disregarded. Cincinnati the Sunday question has been the subject of lively discussion of late. The laws discourage secular entertainments on that day, but the laws are disregarded. The Mayor of the city, according to the Gazette, doubts his authority to interfere in the matter, and he is not inclined to use the authority even if he has it. If any-body is responsible for the enforcement of the laws, nobody is held to such a responsibility; and the result is that Cincinnati, like some other cities, is beginning to furnish those illustrations of a secular Sunday which in this country used to be found only in New Orleans. The Gazette reports a timely and suggestive conversareports a timely and suggestive conversa-tion on this subject with the Roman Catho-lic Archbishop Purcell:

iii Archbishop Purcell:

"He said that in Europe, Sunday amusements of an innocent kind, theatrleal and nusical, are not opposed by the clergy, but the conditions are different. Here, where there is less purental restraint, he could not believe that amusements in even the more respectable houses, by keeping young people of both sexes, or even of either, sex, together until a late hour, is calculated to encourage good morals. He was decidedly of the opinion that morals, not only in Ginelmati but everywhere else in the country, are going from bad to worse. He condemned the influence of the ballot, at even the legitlmate theatres, as demoralizing. The promiseuous meeting of the sexes in beer lails, or concert halls, or theatres, is not at all favorable to the cultivation of moral sentiment, and the restraint is probably less on Sunday than on other evenings. He believed the cause of the growth of Sunday amusements was altogosther owing to the growth grand immurality and irreligion. The moral sentiment of the people ought to be turned sentiment of the people ought to be turned toward immorality and irreligion. The mora sentiment of the people ought to be turned against Sunday amusements, and the law ought to suppress them. He was opposed to having either the high or low places of amusement kept open on Sunday. He would have them suppressed by law. And he would have them suppressed by law. And he would have them suppressed by law. And the doesd at an user's hours on Sunday morning and closed at an early hour on Sunday evening as is the case in Ireland."

THE following is a fair specimen of the let-ters we are receiving almost daily, proving that Bethesda Water will cure when all else fails. Miss Smithi's disease was Diabetes, here-tofore classed as one of the incurable com-

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Fine Materials
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